

Report Date: 12 Aug 2014

Summary Report for Individual Task
805P-COM-1117
Perform 30:60s and 60:120s
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Perform 30:60s and 60:120s, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) without causing injury to personnel.
- (3) in accordance with FM 7-22, Chapter 10.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

Remarks: None

Notes: None

Performance Steps

1. Perform 30:60s IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Soldier performed 30:60s adhering to a work to recovery ratio of 1:2.

CHECK POINT 2: During the work interval, Soldier sprinted for 30 seconds. During the recovery interval, Soldier walked for 60 seconds.

CHECK POINT 3: This is one repetition of a 30:60s. See fm 7-22, Table 10-2 shows speed running progression.

EQUIPMENT:

- 1 ea whistle
- 1 ea stop watch

a. Sprint for 30 seconds. (Work Interval)

b. Walk for 60 seconds. (Recovery Interval)

2. Perform 60:120s IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Soldier performed 60:120s adhering to a work to recovery ratio of 1:2.

CHECK POINT 2: During the work interval, Soldier sprinted for 60 seconds. During the recovery interval, Soldier walked for 120 seconds.

CHECK POINT 3: This is one repetition of a 60:120s. See FM 7-22, Table 10-2 shows speed running progression.

EQUIPMENT:

- 1 ea whistle
- 1 ea stop watch

a. Sprint for 60 seconds. (Work Interval)

b. Walk for 120 seconds. (Recovery Interval)

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of 30:60s and 60:120s. Ideally, the training area for the conduct of 30:60s and 60:120s is a 1/4-mile or a 400-meter oval running track. The PRT leader should stand in the middle of the training area so he can see all Soldiers. From there, the Soldiers can easily hear his whistled commands to start and stop walking and running intervals. If 30:60s or 60:120s are conducted on a road, the route MUST be wide enough for Soldiers to turn around and not collide. The recommended distances for conducting 30:60s or 60:120s on a straight road course is at least 100 yards and a maximum of 200 yards.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed 30:60s.			
a. Sprinted for 30 seconds. (Work Interval)			
b. Walked for 60 seconds. (Recovery Interval)			
2. Performed 60:120s.			
a. Sprinted for 60 seconds. (Work Interval)			
b. Walked for 120 seconds. (Recovery Interval)			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks : None

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

805P-COM-1118	Perform Hill Repeats	805P - Physical Readiness (Individual)	Approved
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Supported Collective Tasks : None